

It's time to enroll in your individual action plan

If you took the wellness assessment in January and haven't received a letter or phone call from Harris HealthTrends, call their toll-free number – 1-877-279-0624 – **by March 15** to enroll in your individual action plan.

Thanks for your participation! **Time is now becoming very important if you want to complete your individual action plan by June 30, 2006, to earn the gold out-of-pocket expense level for your 2007 benefits.** Once you contact Harris HealthTrends, you'll find out whether you are low, medium or high risk, and it is your risk that will help determine your individual action plan.

Low risk

If you are low risk, your individual action plan will involve keeping a log of healthy activities – either the nutritional “Colorful Choices” or the physical-activity “Get Fit on Route 66” – for 8 weeks to complete your action plan. **That means you need to begin your individual action plan no later than May 2 if you are submitting your log online and earlier than May 2 if you are submitting a paper log.** Either way, you must submit your log so it reaches Harris HealthTrends by June 30 – a postmark of June 30 for a paper log will not meet the deadline.

You may keep your log online at either <http://harrishealthtrends.colorfulchoices.com> or <http://harrishealthtrends.getfitonroute66.com>. If you are keeping a paper log, you must fax or mail it to Harris HealthTrends. The fax number, which is not toll-free, is 1-419-885-2942. The address is Harris HealthTrends Incorporated, 6629 West Central Avenue, Suite 100, Toledo, OH 43617.

Moderate to high risk

If you are medium or high risk, you need to participate in at least one healthy activity and take three coaching calls over a 90-day period to complete your action plan. **That means you need to begin your action plan no later than April 2 to complete your action plan by June 30.**

If you are medium risk, you have the option of enrolling in a 6-month coaching program, which includes the 90 days required to earn the gold out-of-pocket expense level. If you are high risk, you have the option of enrolling in a 12-month coaching program, which includes the 90 days required to earn the gold out-of-pocket expense level. Whether you continue with coaching after your 90-day period is entirely up to you, but the county is offering you the option to receive continuing support for your healthy activities.

Questions?

If you have questions about the Healthy IncentivesSM program or need additional assistance, don't hesitate to contact Benefits and Retirement Operations at 206-684-1556 or kc.benefits@metrokc.gov.

Please share this information with your participating spouse or domestic partner.